Wasatch County Senior Citizens Monthly Newsletter

465 East 1200 South, Heber City, Utah – Phone: (435)654-4920 – FAX: (435)657-2787

SEPTEMBER 2004

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- SPOTLIGHT -
Roy "M" Todd & Lucille Coleman Todd

By Lucille Todd

Roy M Todd was born to David Alexander and Josephine Marie Moulton Todd. His twin, Ray, died at birth. His brothers and sister were Dean Todd (md. Lois Wheritt), Blaine, Josie Todd (md. Grant Hicken). He was born in the home that was built in 1879 by his grandfather, Thomas Todd, at 411 East 400 North , Heber. Graduated from LDS Seminary and Wasatch High School in 1933, was active in Scouting and received his Eagle Badge. High Priest in the Heber Sixth Ward. Active in 4-H and FFA clubs and held many offices, receiving the State Farmer's Degree. Represented Wasatch High at the Utah State Fair in both livestock and crop judging contests..

He worked in the grocery department and as a hardware clerk in Heber and Provo stores, and drove a bread truck for Center Bakery of Provo while the Heber Mercantile Department Store was being rebuilt after the fire in January 1937. He was again employed at the "Merc" when they reopened for business on October 8, 1937. After a bookkeeping course at the LDS Business College in Salt Lake, he worked for Clarence Olsen, Heber Light & Power Co., and Heber Motor Co..

Roy and his brother Dean formed a partnership in 1938. They owned 100 head of cattle they ran on permit in the Current Creek forest. In 1946 the brothers built an auction and sold livestock in Heber for three months each fall. During this time Roy was buying and selling cattle in the Uintah Basin, doing bookkeeping for Fitzgerald Tractor Co. in Roosevelt and Fitzgerald Machinery Co. in Heber. In 1947 the brothers bought a half interest in Fitzgerald Machinery Co. and the name was changed to

Central Farm Service. They owned and operated the first livestock auction in the Uintah Basin and the first auction for the Uinta Sales Barn was August 5,1950. The business was sold in 1977.

Roy married LaRae Murdock Rhees on November 17,1950. Roy adopted LaRae's daughter Marca Jean in 1955. LaRae died on June 18,1962 in Roosevelt and is buried in the Heber City Cemetery.

Roy married Lucille Coleman Todd on June 6,1963 in Salt Lake City, Utah , sealed for time and eternity July 15,1997 at Mt. Timpanogos Temple. Daughter Marca Jean was sealed to Roy and Lucille on the same day.

Lucille Coleman was born in Heber City May 7,1924 to Alva L. Coleman and Sarah Ann (Annie) Lee Murdock Coleman. Her mother had four children by a previous marriage to Nymphus Murdock: Winnie(Baird), Lynn, Victor and LaRae Murdock (Todd). The family moved in 1925 to Salt Lake City where Alva was owner-operator of the Uintah Basin Stage Lines (Salt Lake via Provo and Heber to Vernal, Utah).

Moved back to Heber in 1936 and purchased the Abram Hatch home at 81 East Center, (now the Zion Bank Building).

Lucille was active in sports and President of the Girl's Athletic Association and Captain of the Girl's Basketball Team. Graduated from Wasatch High and LDS Seminary in 1942, attended LDS Business College and worked as an accountant for Ford Dealership in the Salt Lake Valley, Denver, San Francisco, and Los Angeles.

Moved to Denver with her mother in 1951 to be near her father who was a tuberculosis patient at the Fitzsimmons Army Hospital. He died at the Veterans Hospital in Salt Lake City September 1953.

Returning from Denver and taking position as office manager with the Bennett Leasing Company, Lucille and her mother purchased a home in Salt Lake. Her mother remained in the Salt Lake home until her death June 17, 1971.

Lucille married Roy M Todd June 6, 1963 and moved to Roosevelt, Utah. Helped Roy in his business working as a sales ring clerk and bookkeeper for the Uinta Sales Barn. In 1980 they moved to Heber City, 450 North 400 East, on the property Roy's grandfather purchased in 1874.

She enjoys photography, genealogy, and playing golf with the Wasatch Ladies Association . She is also very interested in the nine grand children, twenty two great-grandchildren and keeps in close touch with them, corresponding and always remembering birthdays and special occasions. Has been a R.S. Visiting Teacher for many years!

The "SENIOR COMPANION" PROGRAM

Information Provided by Melba Kinsey

Senior Companions are needed in Wasatch County. The time you spend is very rewarding.

You need a car but you don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

Senior Companions offer adults contact with the world outside of their homes and make their lives less lonely. Along the way, Senior Companions find out that few things feel as good as knowing you're needed.

You Benefit. As a Senior Companion, you'll receive: Pre-service and on-going training; an annual physical examination; supplemental Insurance; help with meal and transportation costs; a small stipend for those who qualify;

and the joy of helping others live on their own.

The individuals helped by Senior Companions receive: assistance with important daily tasks, encouragement to remain active, a helping hand to make sure they take their medicine, a watchful eye to notice when they need extra care, and a friendship that can last a lifetime.

For more information you can contact: Diane Daley at Home Health (657-4323), Melba Kinsey (Heber) (654-0333), Provo Office (801-851- 7767).

So if you are over 60 years of age, can volunteer 20 hours a week, have a limited income; and love to help your neighbors, then you qualify to be a Senior Companion.

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UPCOMING EVENTS and ACTIVITIES

VERNON L. MURDOCK HIS ART WORKS ON DISPLAY, A LANDMARK OCCASION

The First Art Show as Part of a Senior Center Series of Art Shows Featuring Local Artists

During September the Senior Center will feature the art works of Vernon Murdock. Vernon is a very SPECIAL ARTIST in this valley and deserves to be honored for the wonderful art works he has created.

He has focused a lot of his art work on his pioneer heritage and his love for scenes and places in Heber Valley and this makes his works so special to so many people.

With the help of Vernon and his wife, Liz, we have identified over 30 large oil paintings (most are in the private collections of family, friends and lovers of good art as well as government and other offices in Heber Valley), several water color paintings, illustrations, wood carvings, and other works of art. We are in the process of contacting all of the many people and places where his art is located. Many have already consented to loan their paintings to us for this special occasion.

We anticipate that this art show in his honor will be the largest collection of his works gathered together at one time and displayed in one place for the people in the community to see and enjoy.

Everyone - old and young - is invited. The hours will be from 9:00 AM – 2:30 PM, Monday through Friday. We'll also have a couple of evening showings and 1 or 2 Saturday showings. Watch Wasatch Wave for dates.

This show would make a wonderful family activity. We will have some of his paintings and art work displayed as early as Wed., Sept. 8, and we will add to the collection as other pieces of art arrive. It will probably take a week to get most of the collection together.

Vernon is the son of Thomas C. and Millie Lindsay Murdock. He was born and raised and has spent his entire life in Heber Valley. He served an LDS Mission to Argentina, graduated from BYU with a Bachelor's Degree in formal art education, went to Spain for graduate studies at the Univ. of Madrid., and served in the U.S. Air Force as a jet pilot.

He was employed for 10 years at BYU as an artist/illustrator for the LDS Seminary/Institute programs. Then 13 years as a self-employed artist and illustrator. In addition to his masterful oil paintings, this highly accomplished artist has produced over 2,000 illustrations which appear in more than 30 books.

Vernon and his wife, Elizabeth Vance, have 2 sons and 2 daughters.

We are very excited about this special art show of Vernon's art works.

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The 3rd Thursday Monthly Lunch and Program

Our first "Special Menu" Thursday Lunch and Program for our new season will be **September 16** at **12:00 PM (noon).** A very informative, timely and interesting program has been planned.

Francine Giani, Director of the State of Utah Division of Consumer Protection will be our speaker.

She will be focusing her remarks on Senior Citizen-related matters: deception, misrepresentation, schemes, scams, fraud, overcharging, telemarketing, deceptive labeling, free prize offers, etc. (See p. 8 for details)

She will also show us a video.

A few of us attended a training seminar recently where she was the featured speaker and it was extremely interesting. We asked if she would come to Heber and put on a presentation for us and she consented.

Call or drop by the Senior Center no later than 9:30 AM, Wednesday, Sept. 15, to reserve your meal.

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The State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County fund these meals. The suggested donation for these meals at the Senior Center is $2.25 per person. The meals are for seniors age 60 and over.

SENIOR FUN-BAND

Our Seniors Fun Band will begin its practices on **Wednesday, Sept. 1, at 10:00 AM,** at the Senior Center. Practices will continue on Wednesdays, Sept. 8, 15, 22 and 29. All seniors who would like some fun and play a musical instrument, even if it is a comb, wash board, or something

else fun, drop what you are doing and head on up to the Senior Center.

For additional information you can contact Earl Dayton at 654-1685.

SENIOR FUN-CHORUS

The Senior Citizens are going to have an old time, fun chorus. All those who like to sing songs of our era, regardless of whether you have a good singing voice, or an old voice like the rest of us, are invited to join with us.

We need you to come and enjoy singing with us the songs of yester-year – those familiar tunes we danced to, sang to, and will always remember.

Singing practices will be at 6:00 PM sharp, just before the Monday Evening Firesides. **Our first practice will be Sept. 13th.** See you there.

If you have any questions please contact Donna Dayton at 654-1685.

SHOPPING TO UTAH COUNTY

Our next shopping excursion will be on Wed., Sept. 8, 9:00 AM.

UPCOMING FIRESIDES

Our Weekly Monday Evening (7:00 PM) Firesides will start again beginning Mon., Sept. 13.

Mon., Sept. 13 – **Mike Siggard, his Wife and Family (Midway)** will play musical instruments and sing for us. Mike is the bands teacher at Wasatch High and Jr. High Schools.

He put on a program for us last Spring and it was exceptionally wonderful. A very talented person and family. You'll love the program.

If you need a ride please call the center.

Mon., Sept. 20 – ***"A Journey Back in Time"*** musical program will be presented by **Donna Dayton, Reneva Lemon and LaRose Hiatt, with a slide presentation being handled by Earl Dayton.**

Mon., Sept. 27 – **The "Timp Top Cloggers Express Team"** – This talented group of cloggers has preformed in several places in Utah and has toured in Hawaii, Florida and California.

Last month they competed at the Jr. Olympics in Des Moines, Iowa and were awarded 1 silver medal and 2 bronze medals.

This will be a very exciting and foot-tapping evening.

Mon., Oct. 4 – **Winston Lee, pianist extraordinaire,** will play for us as well as a few of his Lee Studio students.

Winston has played for us on several occasions and always thrills us with his wide variety of beautiful selections.

OLD TYME MOVIES

Our new season of "Olde Tyme Movies" will begin on **Tuesday, Sept. 14 at 1:00 PM.**

WHAT!! Summer is over ??? Can you believe it? Well, it is over and it's time to get back to "Movie Day" at the Senior Center. We are in our new building and we have some changes we are going to try during this new season for our movies.

The movies will be every 2nd Tuesday and the last Friday of each month. The new thing is: we are going to serve a dish of soup and a roll at noon. The movie will start at 1:00 PM. There will still be popcorn and drinks.

(Note: If someone wishes to have our regular, full congregate meal delivered here to eat at 12:00 PM make arrangements with Flossie the day before or by 9:30 AM the day of the meal at the latest.)

Hope to see you here Sept. 14 for soup and rolls and have you stay to the movie at 1:00 PM. The movie will be: ***"Arsenic and Old Lace,"*** with Cary Grant, Raymond Massey and Peter Lorrie. All Senior Citizens are welcome.

WE'VE MOVED TO THE NEW SENIOR CENTER

As most of you know we are now at the new **Library/Senior Center.** Our address is: 465 East 1200 South and the phone number is the same: 654-4920. Come and see us.

BOARD MEETING

The September Corporate Board meeting will be held at 10:00 AM on Tuesday, Sept. 21. Lunch at 11:30

UPCOMING CULTURAL TOURS

Contact Connie Hadley regarding details and openings.

Sept. 28-30 (Tuesday –Thurs.): "Shakespearean Fall Festival", Cedar City – 3 plays, 2 nights. The tour is full, but we are taking a waiting list in case an opening comes up.

FINANCIAL DONATIONS for the NEW SENIOR CENTER

In the July and August Monthly Newsletters there was an article and form on financial donations.

If you are still going to make a donation, use the form previously sent to you. Mail or bring the form, with your donation, to the Senior Center. If you donation is approx. $100.00 or less, just disregard the form and make your check payable to: Wasatch County Senior Citizens

If any questions please contact Stephen Mahoney, Flossie Carlile or a member of the Board.

We are requesting and sincerely hope that all Senior Citizens will feel good about giving something – small, medium or large.

BIRTHDAYS for SEPTEMBER 2004

1st Yvonne Horner
3rd Florence Buchanan
4th Neil V. Price
Mark Rasband
Lucille H. Tuttle
5th Roy Daniels
George Knight
K.P. Simmons
6th Colette Prestwich
7th Earl Dean Dayton
Ruby Giles
8th Robert Nielsen
9th Douglas Merkley
Vernon Murdock
11th Dee Mecham
12th LaMar Christensen
Mack Davis
Abe Williams
13th Vern C.Thacker
14th Bill Berg
15th Ruth E. Elliott
17th Norman Eiting
Paul Mitchell
19th Leah Mair
20th Ralph T. Carlile
21st Dick Dazey
Louise Murdock
Paul Nielsen
22nd S. Glenn Horrocks
23rd Moneves Boren
25th Joyce Anderson
Normalind Smith
Gretel Thaller
27th Sharon Mc Donald
Carlos Monssen
28th Shirley Hines
29th Elaine G. Ellertson
Vida Sweat
30th Cora Clayburn
Gene Cox
Elizabeth H. Lewis

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ACTIVITIES, EVENTS, PROGRAMS, CLASSES, AREAS OF INTEREST FOR OUR MANY SENIORS

Now that we are in our new Senior Center we can begin focusing on starting some new things which we have been considering for the past few months as well as solicit from you many seniors your suggestions and ideas as to what you would also like to do. *LET US KNOW.*

We will appreciate your input as well as your volunteering to help us with some things you would like to be involved with.

We are very anxious to encourage seniors in the county who have not been attending regularly to start coming here on a regular basis and join in the wonderful sociality found among our Senior Citizens.

Two years ago we conducted a survey of Seniors Citizens regarding what they are/would be interested in. We will concentrate first on those things voted on by the largest number of seniors (many of those things we are already doing). If, however, only 2, 3 or 4 or so seniors might be interested in something and they are willing to volunteer to help we can do just about anything you want. Some things can be combined with having lunch here before or after whatever it is we decide to do.

Following are some things we can start doing ASAP:

1. **Health Discussion Series** - monthly (Health, Aging, Fitness, Wellness, Nutrition etc). We will invite mostly local professionals
2. **Financial and Legal Matters Discussion Series** – monthly (money, investments, insurance, savings/CD's and MM accts., wills, trusts, probate, etc.). We will invite mostly local professionals.
3. **Arts and Crafts, Ceramics, Figurines** – Weekly. We have a volunteer who will be our teacher and helper.
4. **Table Games** – whenever you wish. We have a Board member who will organize this. We have several games here now.
5. **Puzzles** - We have a lot of puzzles here now at the center. Come in anytime.
6. **Computer Classes** – Weekly – in the Lab in the Library (Basic, word processing, internet, e-mail, etc.). We have some indications of prospective teachers.
    a. Beginners
    b. Intermediate
    c. Advanced
7. **"Chair-er-sizing"** – Weekly. Sit in or hold on to a chair during the whole class. Good for any age and any condition. Some stretching and breathing routines also. We have a volunteer who will help with this plus we have 2-3 videotapes to use also.
8. **Exercise Equipment** – We will be getting some Senior Citizen-friendly exercise equipment (treadmill, exer-cycle, weights/pulleys, upper-body and lower-body and waist equipment, etc.).
9. **Use of 3 computers** at your leisure – Internet, printing, word processing, etc. Located in the lounge area.
10. **Ladies Billiards** – We want to have time set aside for the ladies to come in and play billiards. We now have 2 billiards tables. Let us know who is interested and we'll get organized.
11. For you "Caregivers" (and that includes a lot of people), come and join our monthly **"Caregivers Night Out"**, held on the 2nd Thursday each month, from 4-6 PM.
12. **Piano Listening** – Weekly. We have a beautiful new piano. We have some seniors and others who are willing to come and play for us and let us just enjoy the beautiful music in a relaxed setting.
13. **Organ Listening** – Weekly. A beautiful organ has just been donated to us by Larry and Joan Duke. We'll invite some organists to come and play for us and let us relax and enjoy the sounds of the organ.
14. **Ping-Pong** – If there are enough of you interested we will buy a new ping-pong table for your enjoyment. Let us know.
15. **Seniors Fun Chorus** – Rehearsals will be every Monday at 6:00 PM (just before our Firesides).
16. **Seniors Fun Band** – Rehearsals will be every Wednesday at 10:00 AM.
17. **Photography classes** – We have had a little bit of interest expressed many months ago, but we would like to know if there is any current interest before we pursue this. We know of 2 or 3 excellent photographers who might be willing to teach a class.
18. Some of us tried **Yoga and Tai Chi** a year ago at The Fit Stop, but it was a bit too strenuous. If we have some interest in a very slow and low-impact class, we'll work on getting an instructor. Some places do Windsor-Pilates exercising also.

The above categories cover most of the areas of interest expressed over the past 2 years which we currently have done a little bit of or none of, but which we will now pursue diligently, **based on participation.**

Your input as to what you are interested in and would participate in and sign up for now (and even volunteer to help with) will be greatly appreciated and most helpful. Contact the office or any member of the Board of Directors.

Most of the "Areas of Highest Interest" from our previous survey and your expressions of interest over the months we are now doing and will continue to do (Firesides, special monthly lunch/program, billiards, monthly Get-Away, bingo, aerobics, attend cultural events, music programs at the center, day and overnight tours and travel, walking, old-time movies, quilting, some health/ RX's/nutrition/ fitness/MDs, in additional to some other programs).

We would also like to remind you that we can (and would like to) **provide or arrange for transportation to and from the Senior Center.** We have a Seniors Van which will hold 12 people and we also, if needed, have a Seniors Bus which will hold 19 people.

Call us at the center and make your wishes known. We know that there are many seniors who would come if they have a ride. Some are hesitant to ask. Some of you seniors know who these people are, **so let us know**.

"Stupid people should have to wear signs that just say, I'm Stupid." That way you wouldn't rely on them, would you? You wouldn't ask them anything. It would be like, "Excuse me...oops...never mind, didn't see your sign."

It's like before my wife and I moved. Our house was full of boxes and there was a U-Haul truck in our driveway. My neighbor comes over and says, "Hey, you moving?" "Nope. We just pack our stuff up once or twice a week to see how many boxes it takes. Here's your sign."

A couple of months ago I went fishing with a buddy of mine, we pulled his boat into the dock, I lifted up this big ol'stringer of bass and this idiot on the dock goes, "Hey, y'all catch all them fish?" "Nope. Talked 'em into giving up. Here's your sign."

I was watching one of those animal shows on the Discovery Channel. There was a guy inventing a shark bite suit. And there's only one way to test it. "All right, Jimmy, you got that shark suit on, it looks good... They want you to jump into this pool of sharks, and you tell us if it hurts when they bite you.." "Well, all right, but hold my sign. I don't wanna lose it."

We were trying to sell our car about a year ago. A guy came over to the house and drove the car around for about 45 minutes. We get back to the house, he gets out of the car, reaches down and grabs the exhaust pipe, then says, "Darn that's hot!" See, if he'd been wearing his sign, I could have stopped him.

I learned to drive an 18-wheeler in my days of adventure. Wouldn't you know, I misjudged the height of a bridge. The truck got stuck and I couldn't get it out, no matter how I tried. I radioed in for help and eventually a local cop shows up to take the report. He went through his basic questioning . okay....no problem. I thought for sure he was clear of needing a sign... until he asked, "So, is your truck stuck?" I couldn't help myself! I looked at him, looked back at the rig and then back to him and said, "No, I'm delivering a bridge... here's your sign."

I stayed late at work one night and a coworker looked at me and said, "Are you still here?" I replied, "No. I left about 10 minutes ago. Here's your sign."

Anybody you know need a sign today? Send this to all your friends. The next time someone says something stupid ask them where their sign is

September

Kay Hoffman

September is betwixt-between
Autumn's gold and summer's green,
Not still quite summer, yet not fall,
But cool enough to wear a shawl.

Songbirds have left for southern clime
But some still think it's summertime
And linger, when the others fly,
To let us know they're standing by.

The leaves aquiver on the tree
Seem unsure of what their role will be.
While some are edged with autumn's gold,
Others to summer's green still hold.

The rose clings to her summer pride
And blushes like a sweet June bride;
When comes the purple shades of night,
Gold harvest moon steals her delight.

We greet thee autumn with warm "hello"
But hate to see the summer go.
September, you're one of our kind;
Like us, you can't make up your mind.

PREGNANT with my third child, I was stricken with a bout of morning sickness and lay down on the living-room couch to rest. Just then one of the workmen who was doing repairs in my house walked past and gave me a curious look.

"Taking a little break," I explained. "I'm in my first trimester."

"Really?" he said. "What's your major?"

CARA ANDERSON, Boulder, Colo

CLEARLY I wasn't winning the battle of the bulge on my own, so I decided to join a gym. "Before you start working out, we like to do a health assessment," explained the gym representative. "When you come in, wear loose-fitting clothing."

"If I had loose clothing, we would not be having this conversation."

KELLY BLACKWELL, Arlington, Texas

MAYBE snow or sleet won't delay the mail, but there are other factors—like lack of faith in the system. The man ahead of me at the post office was getting forms for temporarily stopping mail delivery and change of address. "When you've filled them out," suggested the clerk, "bring them here in person so they don't get lost in the mail."

P.M. CLEPPER, Arden Hills, Minnesota

DON'T EVER PAY a surprise visit to a child in college. You might be the one getting the surprise. I learned this the hard way when I swung by my son's campus during a business trip. Locating what I thought was his fraternity house, I rang the doorbell.

"Yeah?" a voice called from inside.

"Does Dylan Housman live here?"

"Yup," the voice answered. "Leave him on the front porch. We'll drag him in later."

JERICHO A. HOUSMAN, Sioux Falls, South Dakota

I HAD NEVER BEEN so zonked in my life. After my first child, Amanda, was born, my mother came to stay with me for a few weeks to help out, but I still woke up whenever the baby made the slightest sound during the night.

One morning, I groggily asked my mom, "How long before I stop hearing every noise Amanda makes?"

Mom was obviously only half-listening. "Honey, are you coming down with something?" she asked. "You were coughing in your sleep."

CAROL HERLONG, Irmo, South Carolina

Mon	Tue	Wed	Thu	Fri
CALENDAR - **SEPT. 2004** - Wasatch Co. Senior Citizens				
<u>DAILY</u> - Billiards, Table Games, Puzzles, etc. - Details to be announced for several new programs to start in Sept., Oct., and Nov. Let us know of your interests/suggestions.	***<u>ART SHOW</u>*: During Sept. displaying many beautiful paintings (historic scenes of Heber Valley, etc.) & other art work of local icon, VERNON MURDOCK !!!!!**	**1** **9:00 AM - Aerobics** **10:00 AM - *Seniors Fun Band* rehearsal**	**2** **1:00 PM - BINGO**	**3** **9:00 AM - Aerobics**
6 **LABOR DAY HOLIDAY** **CENTER CLOSED**	**7**	**8** **9:00 AM - Aerobics** **9:00 AM - Shopping** **10:00 AM - Seniors Fun Band Rehearsal**	**9** **1:00 PM - BINGO** **4:00-6:00 PM - *CAREGIVERS' Night Out* - At Senior Cntr.**	**10** **9:00 AM - Aerobics**
13 **9:00 AM - Aerobics** **6:00 PM - *Seniors Fun Chorus* - 1st rehearsal - Come sing with us.** **7:00 PM - FIRESIDE Mike Siggard and Family (Midway) - A wonderful evening of great music - Instrumental and Singing.**	**14** **12:00 PM - Soup and Rolls snack** **-------** **1:00 PM - Olde Tyme Movie: *"Arsenic and Old Lace"*, with Cary Grant, Raymond Massey, and Peter Lorrie. Popcorn and drinks during movie.**	**15** **9:00 AM - Aerobics** **10:00 AM - Seniors Fun Band Rehearsal**	**16** **12:00 Noon - "Special Menu" Lunch (reserve by noon Wed).** **Program will be: *Francine Giani, Director, <u>State of Utah Division of Consumer Protection</u>* - Speaking on Senior Citizens-related problems, scams, fraud, deception, false prizes, telemarketing, etc.**	***17*** **9:00 AM - Aerobics**
20 **9:00 AM - Aerobics** **6:00 Chorus rehearsal** **7:00 - FIRESIDE- Music and Slides - *"A Journey Back in Time"* - (Donna Dayton, Reneva Lemon, LaRose Hiatt) (Earl Dayton - showing slides).**	**21** **10:00 AM - Corporate Board meeting.** **11:30 AM - Lunch**	**22** **9:00 AM - Aerobics** **10:00 AM - Seniors Fun Band Rehearsal**	**23** **10:30 AM - Monthly *"Get-Away"* - Mervin & Carolyn Beckstrand - Speaking about "Armenia"** **12:00 pm - Lunch (RSVP by Wed., 9:30)** **1:00 PM - Bingo**	**24** **9:00 AM - Aerobics** **1:00 PM - Olde Tyme Movie - (Details to follow)**
27 **9:00 AM - Aerobics** **6:00 Chorus rehearsal** **7:00 PM - FIRESIDE - "Timp Top Cloggers Express Team" (Utah County) - Performed HI, CA, FL, Jr. Olympics.**	**28** **Cultural Tour leaves for *Shakespearean Fall Festival* in Cedar City - Tues., Wed. and Thursday, 3 plays.**	**29** **9:00 AM - Aerobics** **10:00 AM - Seniors Fun Band Rehearsal**	**30** **1:00 PM - BINGO**	

Meals - **SEPT. 2004** - Wasatch Co. Senior Citizens

Mon	Tue	Wed	Thu	Fri
NOTE: *Meals are funded by: State of Utah Dept. of Human Services, Mouuntainland Association of Governments, Wasatch County, and our Patrons who eat.*		**1** Sloppy Joe's, potato salad, cole slaw, banana, brownie, roll, jelly & butter, milk.	**2** Chicken chow mein, ham fried rice, pears, cookie, roll, jelly & butter, milk.	**3** Fish, scalloped potatoes, mixed vegetables, fruit cocktail, cake, roll, jelly & butter, milk.
6 HOLIDAY No meals today	**7** Beef pie, cottage cheese & peaches, cookie, roll, jelly & butter, milk.	**8** Maccaroni & beef, corn, peaches, J-ello, roll, jelly & butter, milk.	**9** Sweet & sour chicken, ham fried rice, broccoli, pears, cookie, roll, jelly & butter, milk.	**10** Meat loaf, cheese potatoes, green beans, fruit, brownie, roll, jelly & butter, milk.
13 Lasagna, corn, carrot salad, jello, roll, jelly & butter, milk.	**14** Taco pie, corn, apple sauce, cake, roll, jelly & butter, milk	**15** Turkey casserole, broccoli, fruit salad, cookie, roll, jelly & butter, milk.	**16** Beef & broccoli, ham fried rice, peaches, parfait, roll, jelly & butter, milk.	**17** Salmon, Augratin potatoes, carrots, pears, cookie, roll, jelly & butter, milk
20 Fried chicken, baked beans, potato salad, fruit cup, brownie, roll, jelly & butter, milk	**21** Beef stroganoff, green beans, green salad, parfait, banana, roll, jelly & butter, milk.	**22** Chicken pot pie, cottage cheese & peaches, cookie, roll, jelly & butter, milk.	**23** Roast beef, potatoes & gravy, corn, applesauce, roll, jelly & butter, milk.	**24** Chicken cordon bleu, cheese potatoes, carrots, pineapple, cookie, roll, jelly & butter, milk.
27 Baked ham, augratin potatoes, green beans, pineapple, jello, roll, jelly & butter, milk.	**28** Chicken enchilada, Broccoli, fruit salad (mandarin oranges), pie, roll, jelly & butter, milk.	**29** Sloppy Joe's, potato salad, cole slaw, banana, brownie, roll, jelly & butter, milk.	**30** Chicken chow mein, ham fried rice, pears, cookie, roll, jelly & butter, milk.	***NOTE***: Suggested donation for "Congregate Meals" (meals served at the Senior Center) is $2.25 per person per meal. For "Meals on Wheels," the suggested donation is $2.50.

THE PERKS OF BEING OVER 50

- Kidnappers are not very interested in you.
- In a hostage situation you are likely to be released first.
- No one expects you to run into a burning building.
- People call at 9 PM and ask, "Did I wake you?"
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- Things you buy not won't wear out.
- You can eat dinner at 4 PM.
- You enjoy hearing about other people's operations.
- You get into heated arguments about pension plans.
- You have a party and the neighbors don't even realize it.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with elevator music.
- You eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate meteorologists than the national weather service.
- Your secrets are safe with your friends because they can't remember them either.
- Your supply of brain cells is finally down to a manageable size.

ADDITIONAL STUFF

At our Special Menu Lunch and Program on Thursday, Sept. 16, **Francine Giani**, Director of the Division of Consumer Protection, Utah Department of Commerce, will speak to us. She is an extremely interesting speaker and you will love her enthusiasm and knowledge.

To give you a more complete picture of the many things which the Division is involved with we offer the following:

Bait and Switch
Below cost selling
Consumer education
Deceptive advertising
Direct sales misrepresentations
Pyramid scheme/plans
Travel scams
Work-at-home schemes
Fraudulent business opportunities
New automobile warranty problems
Mechanic & Garage repairs/overcharges
Health spa contracts
Consumer credit repair scams
Telemarketing
Three day right to cancel
Free Ad offers
Deceptive labeling
Illegal charities
Home product sales
Chain letters
Free prize offers
Sweepstake guarantees
Door to door sales
Price discrimination
Retail rainchecks
Retail refunds
Unfair competition
Credit repair clinics
Repair complaints (Other than motor vehicles)
Automated telephone calls

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